



OUR NEGATIVE CYCLE:

When I am upset by you, when we are not getting along, I feel

(some feelings are on the surface, and some are deeper, less conscious feelings):

Angry, Pissed off
Alone, Abandoned
Justified in my anger
Frustrated by him/her
Annoyed, Irritated
Scared, frightened
Anxious

Sad
Disappointed
Like I have to figure this out myself
Deprived
Despairing, Hopeless
Like I want to protect myself
Hurt, Not heard, Not valued, Not important

What I then do is (BEHAVIORS):

Criticize you, blame you
Interrupt you
Try to manipulate to get what I want from you
Yell, Attack, Say nasty things to you
Beg or Plead
Demand
Point out how you are letting me down or hurting me
Explain again and again what I want
Pull away, Withdraw, Give up; Refuse to talk to you
Get logical and point out how irrational you are
Find solutions, try to fix it so the conflict will stop or so that you won't be so upset or angry
Defend myself
Try to show why I am right and you are wrong
Justify my feelings and actions
Counter-criticize or counter-blame or counter-attack and say nasty things to you



OUR NEGATIVE CYCLE:

When I behave like that (above), what I am hoping for is?

But then you seem to (BEHAVIORS):

- Criticize you, blame you
- Interrupt you
- Try to manipulate to get what I want from you
- Yell, Attack, Say nasty things to you
- Beg or Plead
- Demand
- Point out how you are letting me down or hurting me
- Explain again and again what I want
- Pull away, Withdraw, Give up; Refuse to talk to you
- Get logical and point out how irrational you are
- Find solutions, try to fix it so the conflict will stop or so that you won't be so upset or angry
- Defend myself
- Try to show why I am right and you are wrong
- Justify my feelings and actions
- Counter-criticize or counter-blame or counter-attack and say nasty things to you

When you do this, I feel (choose from the surface feelings):

- | | |
|--|-----------------------|
| Sad | Angry, Pissed off |
| Disappointed | Alone, Abandoned |
| Like I have to figure this out myself | Justified in my anger |
| Deprived | Frustrated by him/her |
| Despairing, Hopeless | Annoyed, Irritated |
| Like I want to protect myself | Scared, frightened |
| Hurt, Not heard, Not valued, Not important | Anxious |

These behaviours don't work. Instead, we get stuck in these repetitive cycles that hurts us both.

